

## Tooth extraction after care instructions

We have compiled a list of after care instructions to help you recover from your tooth extraction.

Please read below and pay special attention to our advice and suggestions:

- Take the prescribed medications.
- Do not disturb the area of surgery. Avoid vigorous chewing, excessive spitting, or aggressive rinsing.
- Expect minor bleeding or oozing. If bleeding persists, continue pressure on gauze for an additional 30 minutes to an hour. Biting on a moist teabag wrapped in gauze may help control persistent oozing from the surgical site.
- Limit physical activity during the first 24-48 hours after surgery.
- When you lie down keep your head elevated.
- Do not drink alcoholic beverages while taking prescription medication.
- Swelling may occur following certain types of procedures. An ice pack should be placed on the side of your face for 20 minutes, then taken off for 10 minutes, and repeated.
- Drink plenty of fluids. Begin with cold beverages such as water, iced tea, or juice, until the numbness has worn off. Then broth, soups, or other beverages are suitable.
- Food selection: Soft, cool foods are most easily tolerated. Remember that eating can prevent nausea sometimes associated with certain medications.
- Do not eat popcorn, poppy seeds, sesame seeds, or seeded fruits. They can get stuck in your surgical site and cause infection.
- Do not use a straw for several days as it may dislodge the blood clot and delay healing.
- Avoid smoking completely as it will delay healing.
- On the day following the surgery, rinse your mouth carefully with 1/2 teaspoon of salt dissolved in 8 ounces of warm water.
- Stitches, if placed, will need to be removed 5-7 days after surgery.
- Bruising marks may appear during the first few days after surgery.
- If you have a more urgent concern, please call the office. You will be given a number to reach Dr. Eckart directly.